University of Suffolk

DEFINITIVE COURSE RECORD

Course Title	**BSc (Hons) Sport, Health and Exercise**
Awarding Bodies	**University of Suffolk**
Level of Award[1]	**BSc Hons Level 6**
Professional, Statutory and Regulatory Bodies Recognition	**None**
Credit Structure[2]	**120** **Level 6: 120 Credits**
Mode of Attendance	**Full-time**
Standard Length of Course[3]	**1 year**
Intended Award	**BSc Hons Sport, Health and Exercise**
Named Exit Awards	**None**
Entry Requirements[4]	**Foundation degree**
Delivering Institution(s)	**East Coast College (Great Yarmouth Campus) and The Place University Centre.**
UCAS Code	**C640**

This definitive record sets out the essential features and characteristics of the BSc (Hons) Sport, Health and Exercise course. The information provided is accurate for students entering level 6 in the 2027/28 academic year[5].

Course Summary

The essence of the progression route is to continue to provide you with academic and professional training in the health and exercise sector, with the intention of having a positive impact upon your own health and fitness understanding so that you can have a positive impact upon the general health of others. In a unique perspective the programme looks to treat individuals as 'occupational athletes' and seeks to assess and train them accordingly with the aim of having a positive impact upon general health, fitness and time lost from work. The programme is a rigorous scientific programme of study, emphasising the importance of the scientific method and empirical evidence-based knowledge and will develop your systematic understanding, acquisition of coherent/detailed knowledge, some at the forefront of the discipline' whilst allowing you to demonstrate the qualities and transferable skills necessary

[1] For an explanation of the levels of higher education study, see the QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies (2024)
[2] All academic credit awarded as a result of study at the University adheres to the Higher education credit framework for England.
[3] Where the course is delivered both full-time and part-time, the standard length of course is provided for the full-time mode of attendance only. The length of the part-time course is variable and dependent upon the intensity of study. Further information about mode of study and maximum registration periods can be found in the Framework and Regulations for Undergraduate Awards.
[4] Details of standard entry requirements can be found in the Admissions Policy and further details about Disclosure and Barring Checks (DBS) can be found on the University's DBS webpage.
[5] The University reserves the right to make changes to course content, structure, teaching and assessment as outlined in the Admissions Policy.

for employment, such as the exercise of initiative and personal responsibility, decision-making, the learning ability needed to undertake appropriate further training of a professional or equivalent nature.' (Framework for Higher Education Qualifications: 2018) The guidance provided by the Framework for Higher Education Qualifications (FHEQ) maintains the academic standards of your course and compares academic standards, so you can be assured that your course applies the same standards as all other higher education providers

Course Aims

1. Provide an intellectually stimulating programme based upon the academic study of sport, health and exercise.
2. Develop an in-depth understanding of selected specialist subjects related to sport, health and exercise, and the wider context of the field.
3. Develop technical, transferable and professional skills appropriate to career development.
4. Develop the ability to apply knowledge in a range of contexts.
5. Engender independence in with a focus on lifelong learning and continuous professional development.

Course Learning Outcomes

The following statements define what students graduating from the BSc Hons Sport, Health and Exercise course will have been judged to have demonstrated in order to achieve the award. These statements, known as learning outcomes, have been formally approved as aligned with the generic qualification descriptor for level 4/5/6 awards as set out by the UK Quality Assurance Agency (QAA)[6].

1. Demonstrate a comprehensive understanding of key aspects of sport, health and exercise, including current research and advanced techniques in the field.
2. Apply established methods to analyse, solve problems, and evaluate key and current concepts within sport, health and exercise.
3. Critically assess and integrate research and data to form well-reasoned arguments and propose solutions.
4. Demonstrate an understanding of the uncertainty, ambiguity and limits of knowledge.
5. Demonstrate the ability to manage own learning, and to make use of scholarly reviews and primary sources.

[6] As set out in the QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies (2024)

6. Evaluate arguments, assumptions, abstract concepts and data (that may be incomplete), to make judgements, and to frame appropriate questions to achieve a solution – or identify a range of solutions to a problem.
7. Communicate complex ideas, findings, problems and solutions to both specialist and non-specialist audiences.
8. Demonstrate initiative, personal responsibility and adaptability in academic and professional contexts.
9. Present, evaluate and interpret qualitative and quantitative data in order to develop lines of argument and make sound judgements in accordance with basic theories and concepts of their subject(s) of study.

Course Design
The design of this course has been guided by the following QAA Benchmarks / Professional Standards:

QAA Subject Benchmark Statement Events, Hospitality, Leisure, Sport and Tourism (November 2019)

QAA Subject Benchmark Statement Health Studies (April 2024)

National Occupational Standards produced by SkillsActive
The Sector Skills Council
CIMSPA Standards)
REPS

Course Structure
The BSc (Hons) Sport, Health and Exercise comprises modules at level 6.

Module Specifications for each of these modules is included within the course handbook, available to students on-line at the beginning of each academic year.

	Module	Credits	Module Type[7]
Level 6			
	Project Sciences	40	Mandatory
	Functional Movement Education	20	Requisite
	Wider Determinants of Health	20	Requisite
	Sustainable Professional Practice	20	Requisite
	Physical Needs Analysis	20	Requisite

[7] Modules are designated as either mandatory (M), requisite (R) or optional (O). For definitions, see the Framework and Regulations for Undergraduate Awards

Awards

On successful completion of the course, students will be awarded a BSc (Hons) in Sport, Health and Exercise.

Course Delivery

The course is delivered at East Coast College (Great Yarmouth Campus) and The Place University Centre. Students studying full-time on BSc Hons Sport, Health and Exercise are likely to have approximately 6 contact hours a week. The contact hours will be a mix of lectures, seminars, practical activity and students will also be required to participate 40 hours of work placement. In the first instance it is the responsibility of the student to locate a work placement, however support will be provided with the process. Students will normally be expected to undertake 14 hours of independent study in an average week per module but should be prepared for this to vary based on assignment deadlines and class exercises.

Course Assessment

A variety of assessments will be used on the course to enable students to experience and adapt to different assessment styles. The assessment methods used will be appropriate to assess each module's intended learning outcomes. Assessment on the course overall will be approximately 90% coursework (including essays, reports, presentations, group work, reflective learning journals and research projects) and 10% examinations.

Course Team

The academic staff delivering this course are drawn from a team that includes teaching specialists and current practitioners. All staff are qualified in their subjects with their own specialist knowledge to contribute

Course Costs

Students undertaking BSc (Hons) Sport, Health and Exercise will be charged tuition fees as detailed below.

Student Group	Tuition Fees
Full-time UK/EU	£10,050 per year
Part-time UK/EU	N/A
Full-time International	N/A
Part-time International	N/a

Payment of tuition fees is due at the time of enrolment and is managed in accordance with the Tuition Fee Policy.

Academic Framework and Regulations

This course is delivered according to the Framework and Regulations for Undergraduate Awards and other academic policies and procedures of the University and published on the website.